

PORK with NATURAL JUICES

CANNED

for use in the USDA Household
Commodity Food Distribution Programs

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Product Description

- **Canned Pork** is **fully cooked** in its own juices and is ready to use.

Pack/Yield

- One 24-ounce can provides 3¼ cups (about 12 ¼-cup servings) of cut-up pork. One ¼-cup is approximately 2 oz. of pork and juice.

Storage

- Store unopened cans in a cool, dry place until ready to use.
- Store leftover pork covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days.

Uses and Tips

- To remove fat that has risen to the top, open the can and gently scoop the fat out with a spoon. Throw the fat away. To remove the fat more easily, chill the can before opening.
- To add extra flavor, but not extra fat, add spices, peppers, onions, garlic, and tomatoes.

(See recipes on reverse side)



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Menu Ideas

- For a quick "pizza" snack, top a sliced English muffin half with tomato sauce, cheese, and diced pork. Bake until cheese is melted.
- Use cut-up pork in salads, soups, stews, sandwiches, barbecue, spaghetti sauce, vegetable stir-fry, or casseroles.

Nutrition Information

- **Pork** provides many nutrients that are vital for health and maintenance of your body. These include protein, B vitamins (niacin, thiamin, riboflavin, and B6), vitamin E, iron, zinc, and magnesium.
- 1 ounce of cooked lean pork counts as 1 ounce-equivalent from the **Meat and Beans** group of MyPyramid.

Nutrition Facts

Serving size ¼ cup (55g) canned pork and juice

Amount Per Serving

Calories	120	Fat Cal	70
% Daily Value*			
Total Fat 8.0 g			12%
Saturated Fat 3.0g			15%
Cholesterol 30 mg			10%
Sodium 150 mg			6%
Total Carbohydrate 0g			0%
Dietary Fiber 0g			0%
Protein 9g			
Vitamin A <2%		Vitamin C <2%	
Calcium <2%		Iron 2%	

*Percent Daily Values are based on a 2,000 calorie diet.

10-Minute Pork BBQ Sandwich

- 1 teaspoon vegetable oil
- 1 large onion, chopped
- 2 cups canned pork
- $\frac{3}{4}$ cup prepared barbecue sauce
- 5 hamburger rolls

1. In large skillet, heat oil on low heat.
2. Add onion and cook until tender, about 5 minutes.
3. Mix in pork and barbecue sauce and cook until heated through, about 5 minutes.
4. Spoon barbecue mixture on bottom half of opened hamburger bun.

Makes approximately five ($\frac{1}{2}$ cup) servings

Nutrition Information for each serving of 10-Minute Pork BBQ Sandwich:

Calories	331	Cholesterol	35 mg	Sugar	17 g	Calcium	64 mg
Calories from Fat	85	Sodium	862 mg	Protein	19 g	Iron	2.0 mg
Total Fat	9.5 g	Total Carbohydrate	40 g	Vitamin A	11 RE		
Saturated Fat	2.8 g	Dietary Fiber	2 g	Vitamin C	2 mg		

Pasta with Pork and Green Pepper Sauce

- 1 tablespoon vegetable oil
- 1 green pepper, seeded, coarsely chopped
- 1 large onion, coarsely chopped
- 2 cups canned pork
- 1 jar (25 to 29 ounces) spaghetti sauce
- 9 oz spaghetti (or other pasta) cooked, or hot cooked rice

1. In a large skillet, heat oil on low heat.
2. Add green pepper and onion; cook until tender, about 5 minutes.
3. Add pork and spaghetti sauce to vegetable mixture. Reduce heat to low and cook, uncovered, until heated through, about 5 minutes.
4. Serve over spaghetti, other pasta, or hot cooked rice.

Makes six servings ($\frac{3}{4}$ cup sauce and 1 cup spaghetti)

Nutrition Information for each serving of Pasta with Pork and Green Pepper Sauce:

Calories	474	Cholesterol	34 mg	Sugar	20 g	Calcium	65 mg
Calories from Fat	121	Sodium	944 mg	Protein	22 g	Iron	4.0 mg
Total Fat	13.5 g	Total Carbohydrate	66 g	Vitamin A	238 RE		
Saturated Fat	4.0 g	Dietary Fiber	5 g	Vitamin C	33 mg		

Breakfast Pork Burritos

- $1\frac{1}{2}$ teaspoons vegetable oil
- $\frac{1}{2}$ green pepper, seeded, finely chopped
- 1 small onion, finely chopped
- 1 cup canned pork
- 8 burrito-size flour tortillas, warmed
- $\frac{1}{2}$ cup dry egg mix mixed with $\frac{1}{2}$ cup water (2 eggs)
- 1 cup salsa

1. In a skillet, heat oil on low heat.
2. Add green pepper and onion; cook until tender, about 5 minutes.
3. Add pork to the vegetable mixture and cook until heated through, about 5 minutes. Remove and hold.
4. Heat same skillet over low heat.
5. Add beaten eggs and cook until scrambled, about 2 to 3 minutes.
6. Add $\frac{1}{3}$ cup pork mixture to warmed tortilla, then top with $\frac{1}{4}$ cup scrambled eggs and 2 tablespoons salsa. Roll up burrito-style.

Makes eight servings

Nutrition Information for each Breakfast Pork Burrito:

Calories	214	Cholesterol	62 mg	Sugar	3 g	Calcium	86 mg
Calories from fat	72	Sodium	569 mg	Protein	12 g	Iron	2.3 mg
Total Fat	8.0 g	Total Carbohydrate	24 g	Vitamin A	32 RE		
Saturated Fat	2.0 g	Dietary Fiber	2 g	Vitamin C	14 mg		

These recipes, presented to you by USDA, have not been tested or standardized.

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